

Understand Your Brain, Get More Done: The ADHD Executive Functions Workbook

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Written for attention deficit hyperactivity disorder (ADHD) sufferers yet useful for anyone wishing make better use of their time, this book is abundant with effective strategies for combating problems related to inattention, procrastination, disorganization, mismanagement of time, and poor planning. It begins by carefully explaining the neurologic underpinnings of ADHD and focusing on specific executive functions—the brain-based processes that assist in planning, initiating, and carrying out tasks to complete projects. Then using exercises designed to identify areas that need addressing, it aims to "tune up" these executive functions for maximum productivity. In contrast to many books on ADHD, which can have good ideas but lack practical ways to apply them in everyday life, this guide includes specific recommendations for improving distractibility, working memory, attention, organization, time management, and response inhibition deficits. With strategies based in the science of how the ADHD brain processes information, this reference bridges the gap between knowledge and action.

Ari Tuckman, PsyD, MBA, is a psychologist who specializes in the diagnosis and treatment of ADHD. He is the vice president of the Attention Deficit Disorder Association. His previous books include *Integrative Treatment for Adult ADHD: A Practical, Easy-to-Use Guide for Clinicians and More Attention, Less Deficit: Success Strategies for Adults with ADHD*. He lives in West Chester, Pennsylvania.

"Dr. Tuckman's book *Understand Your Brain, Get More Done* provides realistic, practical, and useful information for those with adult ADHD. Not only is the book enlightening, but it also fun to read. The exercises in the book are educational, easy to complete, and give great insight into the world of adult ADHD. I have recommended Dr. Tuckman's companion book *More Attention, Less Deficit* to my patients and clients, and I have listed it as a recommended resource in my books due to its straightforward nature and wealth of information. I will do the same with *Understand Your Brain, Get More Done* for the same reasons. They are both outstanding books." -Stephanie Moulton Sarkis PhD, NCC, LMHC, psychotherapist and author, *10 Simple Solutions to Adult ADD, Making the Grade with ADD, ADD and Your Money, and Adult ADD: A Guide for the Newly Diagnosed*

"Dr. Tuckman has provided us with a richly detailed discussion of ADHD in adults and especially how it should be managed, directly written for the adult with ADHD in mind. Wonderfully supportive and informative, this book provides countless recommendations for addressing the myriad symptoms of poor self-control and time management, inattention and disorganization, and impulsive and careless behavior that afflicts nearly every major domain of life activities for adults. The book should prove enormously instructive for both adults with ADHD and for clinicians who specialize in its diagnosis and management." -Russell A. Barkley, PhD, ADHD expert, researcher, author of numerous books

Other Books

The Bipolar Child, A revised edition of this important study discusses the diagnosis and treatment of early onset bipolar disorder in children, arguing that many youngsters who are currently being treated for ADHD and depression may be suffering from the early stages of manic depression, offering new information on mood-stabilizing drugs, omega-3

fatty acids, educational opportunities, and more. Reprint. 50,000 first printing.

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